



The Calorie Myth: Calorie Myths Exposed: Discover The Myths and Facts In Calorie

Ryan Larry, Dr. Shah Faisal Ahmad

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Discover The Untold Truth About Calories

Confused and bewildered by all of the information in the internet? Want to really find out what works and what don't?

Most people, in their eternal search for an effective diet and exercise program, find themselves. Some of this confusion stems from incorrect information that the diet industry has offered concerning weight loss. For many, this leads to years—in some cases, decades—of fighting to keep the weight off, yet still falling short of the goal. One of the easiest mistakes to make when searching for answers is to misinterpret the facts. Not only does the diet itself matter; the steps you take before and after your diet are vital as well. The best question to ask yourself would be this: “What caused me to gain the excess weight in the first place?” Arming yourself with clear information about how the body gains and loses weight is the first step. The aim of this book is to help you understand the role of nutrition, while debunking a couple of myths about diet fads and calorie counting. That way, you can get started on the right track from the very beginning of your new weight loss journey. Join us as we explain exercise and dieting in clear, honest terms. Remember: the more you understand, the easier it will be to become fit and—and stay fit-- for the rest of your life.

Here is a preview of what you will be able to gain after reading this book

- Exposing the common calorie myths
- The Diet and Weight Loss Myths
- Popular Fad Diets Exposed
- The Meal Myths
- The Workout Myths

??? Willpower "" not the only necessary thing towards weight loss

??? Sustainable Weight Loss "" possible or impossible

??? I have just a few more pounds "" do they matter?

??? Counting calories

??? Exercise "" to focus only on it or not to focus

??? What really affects our metabolism?

??? Am I a prisoner of my genes or metabolism?

??? The only one approach towards fat busting "" does it exist?

??? Does it matter how I lose weight?

??? Debunking a nutrition myth

??? Solutions to calorie myths

???The healthy way towards fat loss

???The healthy lifestyle tips

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